

Banff National Park

**Touring Guide** 



Environment Canada

Parks Service Environnement Canada

Service e des parcs

## Welcome to the North Saskatchewan River

History, scenery and recreation, these are the hallmarks of the North Saskatchewan River. From its source in the Rockies, the waters of the North Saskatchewan flowthrough Alberta, Saskatchewan and Manitoba to arrive at York Factory on Hudson Bay. Stretching 1,800 km across the country, it is easy to see the importance of this river to fur traders and explorers.

The North Saskatchewan begins high in the mountains at the northern end of Banff National Park, Alberta. Its source, the Saskatchewan Glacier, is a neighbour of the more famous Athabasca Glacier in Jasper National Park, just to the north. Both glaciers are part of the Columbia Icefield. Meltwater from this icefield flows to the Pacific and Arctic oceans as well as to Hudson Bay.

The North Saskatchewan's natural features, the important role it played in Canadian history as well as its outstanding recreational opportunities are reflected in its designation, within the national park, as a Canadian Heritage River.

Included in the Canadian Heritage Rivers System in 1989, this section of the North Saskatchewan is managed by the Canadian Parks Service according to the System's objectives. The natural and historical features for which it was nominated receive special attention to ensure that they are preserved and interpreted for park visitors. In addition, the Canadian Parks Service provides for recreational enjoyment of the river, through river or highway touring.\*

This booklet describes the 74 km section of the North Saskatchewan from its source to the Big Horn Reservoir, 27 km past the park boundary. It is intended to assist in planning your river trip and to take along the river with you. The Canadian Parks Service cannot take responsibility for the misuse of this information or for the failure of individuals to adequately assess their paddling ability. River conditions may change considerably with water levels. The decision to run this river, or any reach or rapid, rests solely with the individual.

Canada's National Parks preserve our environment in its natural state for the enjoyment of all Canadians and their international visitors. As you travel along the river, please remember that you too are an environmental citizen and treat the park with the respect it deserves. We hope this guide helps you enjoy the North Saskatchewan River.

\*See back page for more information on the Canadian Heritage Rivers System.

# National Park Regulations and Important Information

SafetyRegistration is not required but you may wish to fill out a registration form. Register at any Information Centre or warden office. The law requires you to return your registration at the end of your trip.

**Transport Canada requires** that you have one approved life jacket with a whistle attached per paddler, a bailing device, and a spare paddle.

If you are going to fish you need a National Park Fishing Permit. You can buy a full season or seven day permit at park information centres, local sporting goods stores, or from warden offices.

You may camp in designated campsites only. On this stretch of the river, this means in Rampart Creek Campground.

It is very dangerous, as well as illegal, to feed wildlife in the park. For everyone's safety admire wildlife from a distance. Pick up a copy of "You Are In Bear Country" at the park gate or Information Centres.

If serious problems arise and you need help call the Warden Service in Lake Louise at 522-3866.

All natural and historic objects in the park are protected resources. You must leave them for others to enjoy.

River water may contain glacial silt, fecal streptococci or giardia so it should be filtered, and then treated or boiled before drinking. To be safe, bring along your own drinking water.

## More information

If you would like more information about Banff National Park please contact:

Banff National Park Box 900 Banff, Alberta TOL 0C0

(403) 762-1500

# **Exploring the River**

## By canoe...

The logical starting point for a canoe trip is near the junction of the Alexandra and North Saskatchewan rivers, 150 km north of Banff and 26 km north of Saskatchewan River Crossing. A narrow gorge, not far upstream from this point, makes the river unnavigable. This section of the river is for experienced, intermediate canoeists.

Paddlers must portage around a 1.6 km long canyon just upstream from the junction of the Howse River. Several Class II rapids, the occasional tight bend, and gravel bars are the only other obstacles. Except for the canyon, the river is on average 90 m wide. It is often extensively braided with a cobble bottom. The current in the main channel is vigorous, averaging 2 m/sec. The course of the navigable channel is plotted from the most recent topographic maps available. This channel may change from year to year.

## By car...

The Icefields Parkway and then the David Thompson highway follow the section of the North Saskatchewan River described in this booklet. From frequent viewpoints, the panorama of river and mountains is unsurpassed. Pick up a copy of "The Icefields Parkway" in Jasper or Lake Louise; it contains a detailed map of the highway and a summary of the main points of interest along the way.

Banff is famous for its wildlife. There's a good chance you will see animals beside the road, especially at dawn and dusk. Please slow down and drive with extra care.

#### On foot...

Several trails, varying in difficulty, invite hikers to explore the North Saskatchewan on foot. Of particular interest are the Saskatchewan Glacier Trail to the source of the North Saskatchewan River; the Sunset Pass Trail to Sunset Lookout and its sensational view of the river and the mountains beyond; and the Glacier Lake Trail to one of the largest backcountry lakes in the park.

Before you hike, make sure to:

- check with park staff for the latest trail report, bear sightings and the daily weather report.
- take enough water. There are some steep sections; water from natural sources should be boiled before drinking.
- have the proper equipment for your trip.

No matter how you travel, it is possible to complete the river trip in a couple of days. However, spectacular mountain scenery, plentiful wildlife, interesting side trips, and a hostel, campground and motel invite you to adopt a more leisurely pace. There's lots to see so relax, enjoy the beauty, and reflect on the rich history of the North Saskatchewan River.

For ten thousand years Canada's native people often came here to hunt. They lived on buffalo and other wildlife common then in the area. By the 18th century traditional life began to change. In 1750, L'éguardeur de Saint-Pierre explored the Saskatchewan in search of a route to the Pacific. It was not long before more explorers followed and the fur trade expanded. Lake Athabasca was the centre of the fur trade in the west, and the North Saskatchewan was one of the main trade routes to the east. David Thompson, the famous North-West Company surveyor, travelled here often.

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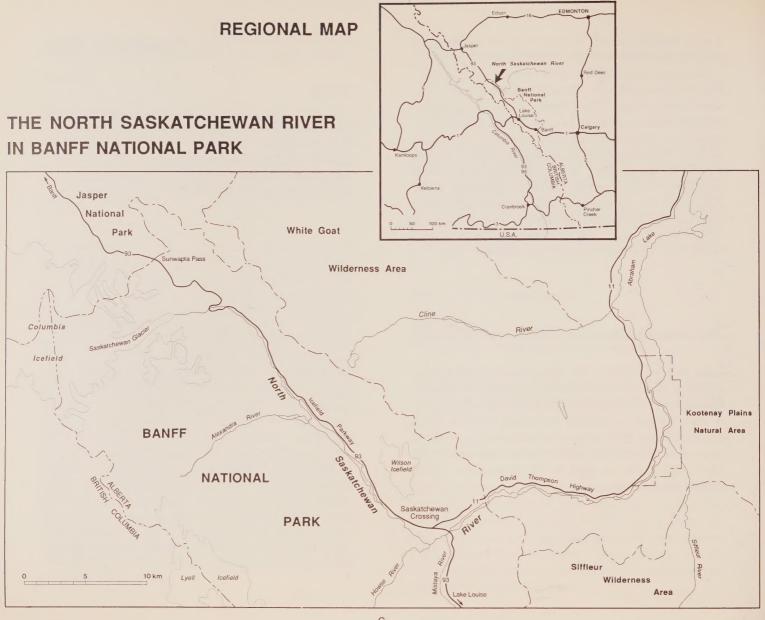
Whiterabbit Creek 83C/1 Edition 2 Cline River 83C/2 Edition 2 Columbia Icefield 83C/3 Edition 2 Mistaya Lake 82/N15 Edition 2 Siffleur River 82/N16 Edition 2

## Climate

Hypothermia

Like most of Alberta, the North Saskatchewan basin enjoys a climate well suited to outdoor recreation. Summers are warm and dry and persistent bad weather is rare. Rain is typically delivered by short lived thunderstorms. Maximum and minimum temperatures average 21°C and 4°C in July. As these temperatures show, nights can be cold in the mountains - warm clothes are essential.

Hypothermia is a distinct possibility if you fall in this glacial river. The water is seldom above 10°C in the summer. Prolonged immersion can cause lowering of the body's core temperature. Even after rescue, a victim may continue to cool and unconsciousness and death can follow. Heat must be provided by an external source such as a campfire, warm fluids (not alcohol) or another person's body. Simply covering the victim cannot replace body heat. Wearing a wet suit will increase the amount of time you are able to stay in cold water without developing hypothermia. Wet suits are a good precaution if you are white water paddling. Inform yourself about hypothermia before your trip.



We want you to have a safe trip on the North

Saskatchewan. While there are only two major

obstacles on this section of the river, we recommend

paddlers scout each of the rapids marked on the maps

and assess their ability to navigate them safely. Avoid

unpleasant surprises; haulyour canoe or kayak out well

above the rapids and make sure it is securely fastened.

River difficulty is rated using the six-part International River Classification System. Individual rapid ratings are called classes, while sections are called grades. The rating system for rapids follows. The rating scale for river sections is based on the same difficulty levels, but is always indicated in Arabic numerals. Where two ratings are indicated for a specific rapid, the first rating applies to high water conditions and the second to medium-low water.

#### Class I - VERY EASY

- Suitable for novices in all boats.
- Waves small and regular. Passages clear with occasional channel bars and artificial difficulties such as bridge piers.



#### Class II - EASY

- Suitable for intermediate open canoe, novice closed canoe or white water boat with intermediate accompaniment.
- Rapids of medium difficulty, with clear and wide passages. Low ledges, sweepers, snags, log jams and large protruding boulders may be present. Open canoes may ship some water.



#### Class III - MEDIUM DIFFICULTY

- Suitable for advanced paddlers in open canoes and intermediate paddlers in white water and closed boats.
- Waves numerous, high and irregular rocks, eddies and rapids with clear and narrow passages requiring precise manoeuvring. Inspection usually needed. Upper limit for open canoes, although extended reaches at this level are not recommended.



#### Class IV - DIFFICULT

- Suitable for advanced paddlers in closed canoes and white water boats. Not suitable for open canoes.
- Long rapids with powerful and irregular waves.
   Narrow passages through rocks and boiling eddies, requiring precise manoeuvring. Course difficult to reconnoitre from the water. Inspection mandatory.



#### Class V - VERY DIFFICULT

- Suitable for expert white water paddlers only.
- Extremely difficult, long and very violent rapids following each other almost without interruption. Channel bed is extremely obstructed. Big drops, steep gradient and violent current. Inspection essential but may be difficult due to nature of the terrain.

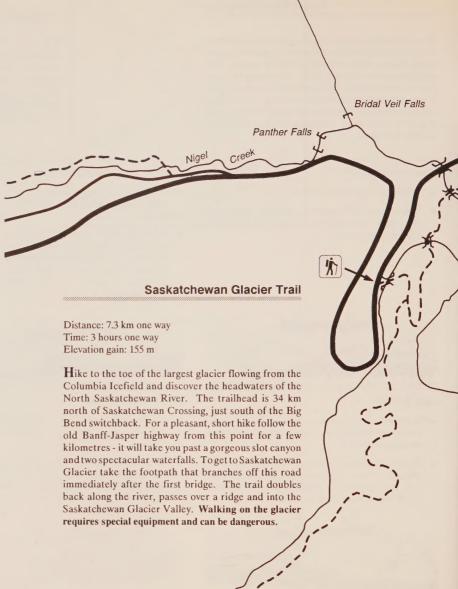


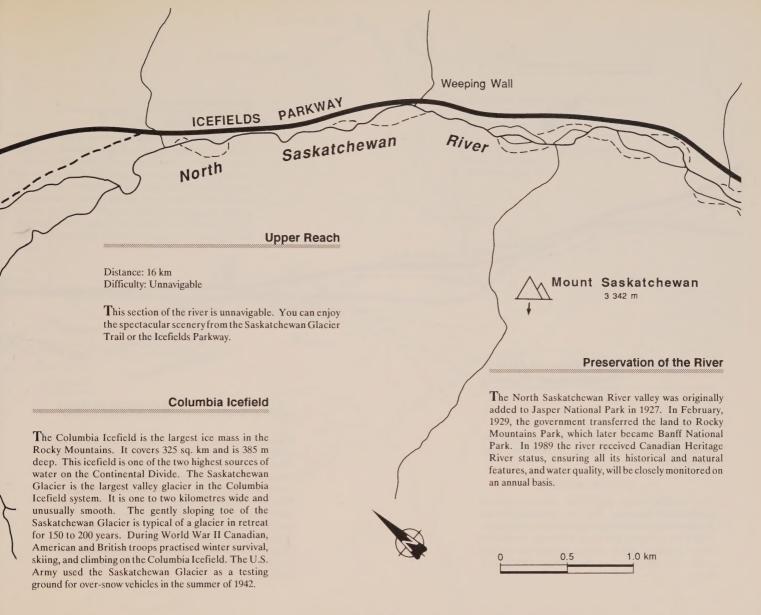
#### Class VI - EXTRAORDINARILY DIFFICULT

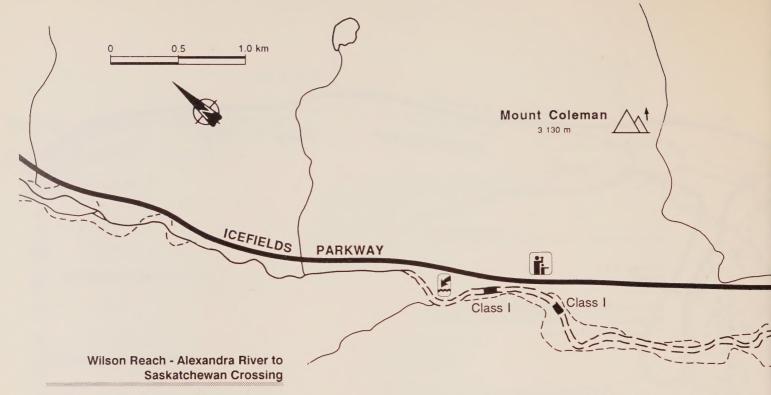
- Suitable for teams of expert white water paddlers, at favourable water levels and with adequate provision for rescue.
- Difficulties of Class V carried to extremes of navigability. Nearly impossible and very dangerous.











Distance: 26 km

Change in elevation: 20 m

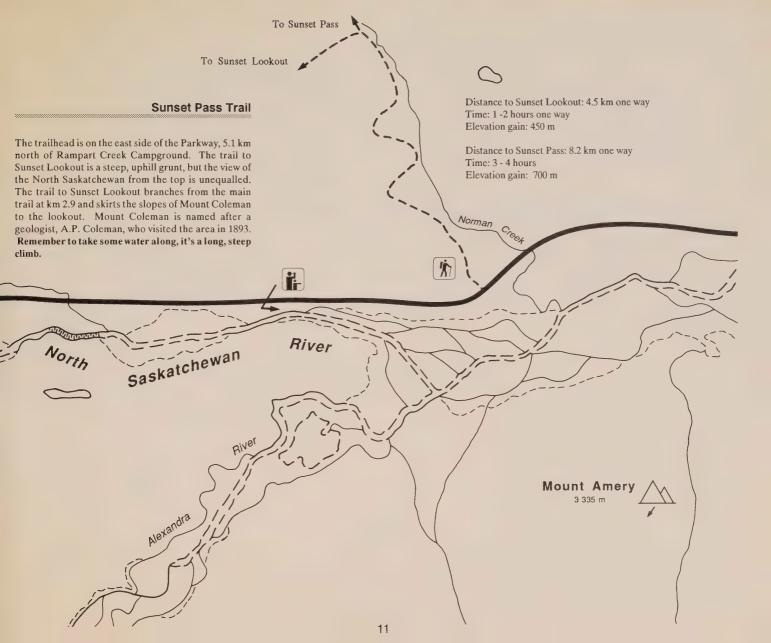
Travel time: 1 day. This includes paddling and portaging only. Allow extra time for meals, rest stops and side trips.

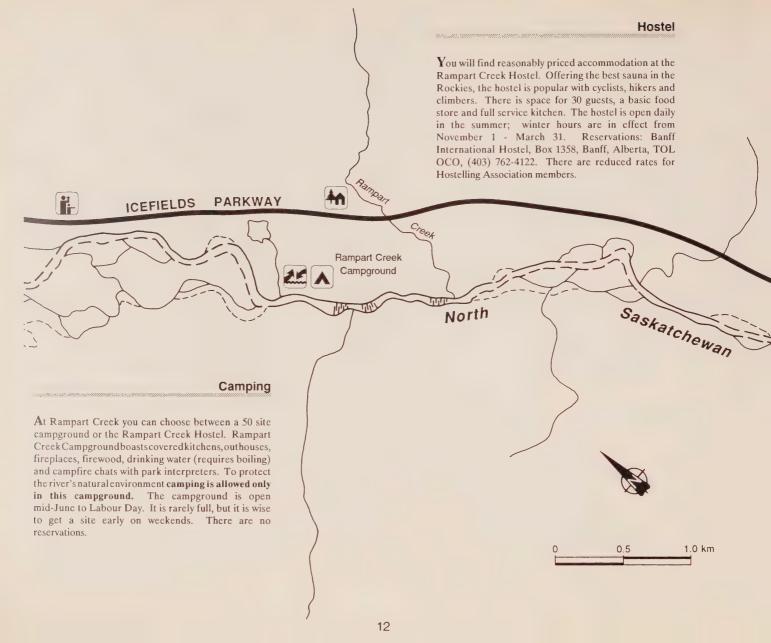
Difficulty: Grade II

This section offers good runs for experienced, intermediate canoeists. The river is braided for the most part with an occasional tight bend and gravel bars. Watch for sweepers and snags below the Alexandra River. Paddlers **must** portage around the 1.6 km canyon just upstream from the junction of the Howse River.

## The Icefields Parkway

The Icefields Parkway is, without doubt, one of the most unforgettable scenic drives in the world. Not long ago only packtrains travelled here, and a fast trip from Jasper to Lake Louise took two weeks. Now you can travel the 230 km in a day. The mountains along the Parkway - the Eastern Main Ranges - are the highest, most rugged mountains in the Canadian Rockies. They are the mountains of the Great Divide, where mighty rivers begin in icefields and glaciers. The first Banff-Jasper road was built as a relief-work project in the '30s; the Icefields Parkway was completed in the early '60s.





# Mount Wilson

#### **Mountains**

Spectacular mountain scenery leaves little doubt why early conservationists chose to include this area in Canada's oldest national park. The view on all sides is impressive. Look for Mount Saskatchewan, at 3342 m the highest peak in the area. Mount Wilson dramatically springs straight up from the valley's east side. Take your binoculars and look for mountain goats about halfway up the mountain. To the west are the mountains of the Great Divide. From these peaks the water flows west to the Pacific and east to the Atlantic Ocean.

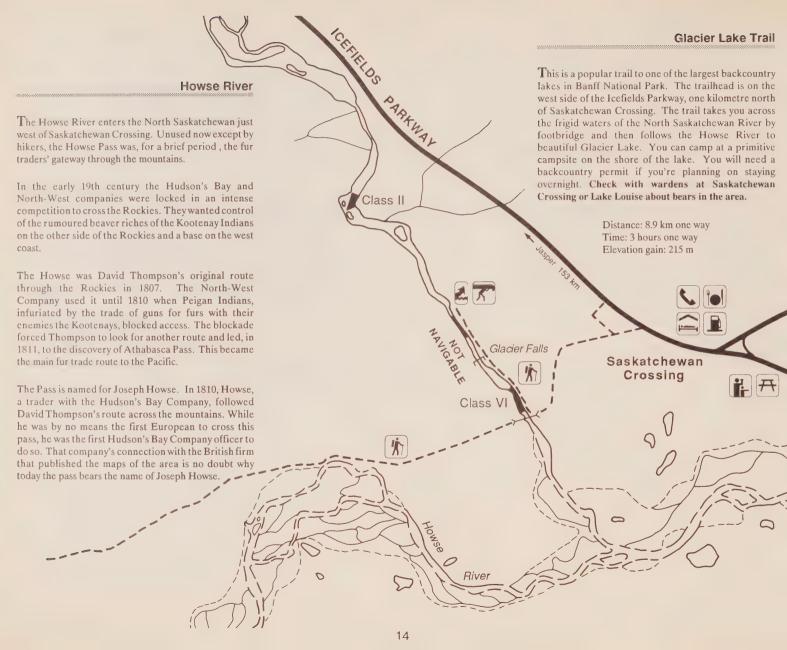
River

In the straight channel below Arctomys Creek, a series of mild class II rapids announces the beginning of a 1.6 km canyon. If you approach carefully you can see the upper end of the canyon. THE CANYON IS NOT NAVIGABLE. A rapid with standing waves up to 1.25 m high leads into a narrow, shallow gorge with a series of Class VI obstacles. First comes a 4 m waterfall, cut through steep rock walls only 12 m apart. Haystacks 2.5 m high follow immediately.

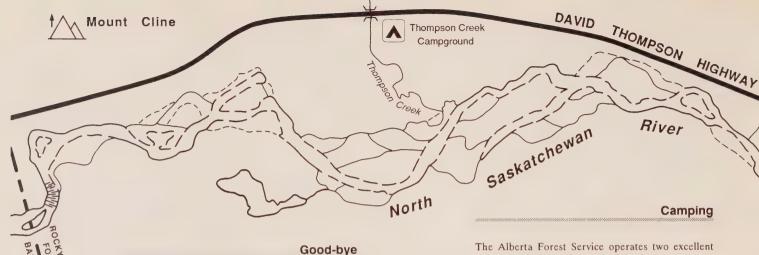
A good 1.2 km portage trail skirts the canyon wall. The trail leaves from a convenient point on the left bank just above the first rapid and ends just below the Glacier Lake Trail footbridge. Canoeists must heed the warning sign at the head of the canyon; an accidental trip through the canyon has claimed the life of one canoeist. Great mountain scenery and excellent views of the canyon transform the monotony of portaging into a scenic walk along the canyon's rim.

Wildlife

**B**anff National Park has no shortage of wildlife. Watch for mountain goats, bighorn sheep, elk, moose, deer, black and grizzly bears, wolves, and coyotes.



## Saskatchewan Crossing Viewpoint There is a picnic area just south of the junction of the Icefields Parkway and the David Thompson highway, A short walk from the parking lot takes you to a lookout where you can enjoy the view of the North DAVID THOMPSON HIGHWAY Saskatchewan River against the backdrop of the mountains of the Great Divide. A plaque at the site commemorates the river's designation as a Canadian Heritage River. Saskatchewan Red Deer 263 km Rocky Mountain House 185 km -North Siffleur Reach - Saskatchewan Crossing to Big Horn Reservoir Distance: 32 km Change in elevation: 60 m Travel time: 1 day. This includes paddling and portaging only. Allow extra time for meals, rest stops and side trips. Difficulty: Grade II Lake Louise 76 km Banff 132 km Mistaya River This section will challenge an intermediate paddler. There are a few whirlpools and tight corners up to Class 1.0 km III difficulty. The river here is a braided channel Mount through a flat valley ringed by impressive mountains. Murchison Grassy meadows, willows, and spruce line the banks. 3 260 m Farther back, dense stands of spruce cover the mountain slopes. 15



You have now left Banff National Park and the section of the North Saskatchewan included in the Canadian Heritage Rivers System. The river's historical and ecological significance does not end at the park boundary. Nor do the many recreational opportunities the North Saskatchewan has to offer. Rocky Mountain House National Historic Site, a North West Company Fur Trade Post, 190 km downstream, epitomizes the river's importance as a fur trade route.

We hope you enjoyed your visit and learned a little about one of Canada's great rivers. Information on camping, canoeing or fishing outside Banff National Park is available from:

Alberta Tourism Box 2500 Edmonton, Alberta, T5J 2Z4

CLEARWATER T RESERVE NATIONAL

In Alberta	1-800-222-6501
In Edmonton	427-4321
Canada and Continental U.S.A	1-800-661-8888

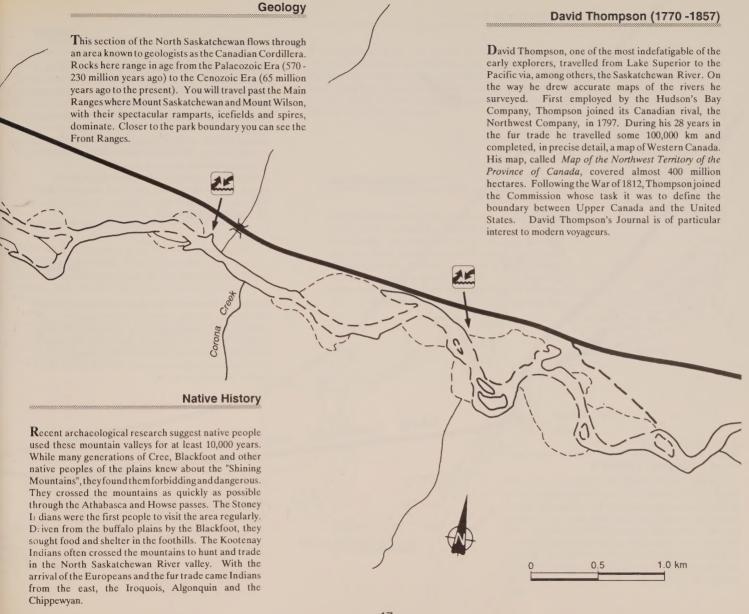
campgrounds along this stretch of the river.

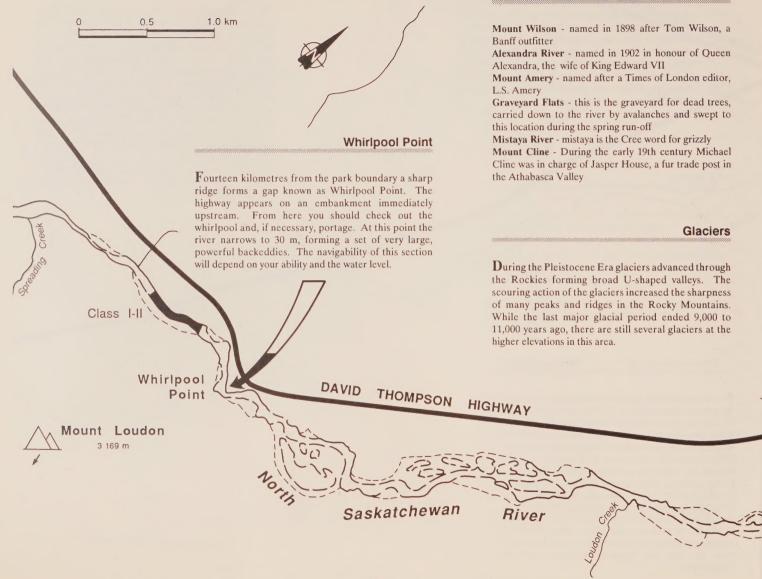
Thompson Creek - 87 km west of Nordeggon Highway 11, open May to September, 55 sites, no hookups, fishing. No river access.

Two O''Clock Creek - 69 km west of Nordegg, open May to September, 20 sites, no hook-ups, fishing. Road access only.

### **Montane Forest**

There are three distinct forest regions in Banff National Park - alpine (above 2,100 m), sub-alpine, (1,500 m to 2.100 m) and montane (below 1.500 m). Just three per cent of Banff National Park is classified as montane; Saskatchewan Crossing is the only montane forest along the Icefields Parkway. This open forest of Douglas fir, lodgepole pine and aspen is an excellent wildlife habitat. Look for coyotes, wolves and bighorn sheep. The number of wolf sightings here has increased dramatically. See if you can spot tracks along the river's edge.





#### **Alluvial Fans**

At the mouth of every tributary you will see one of the most interesting landforms along the valley bottom. Streams carry sand and gravel down steep mountain valleys. As the stream flows into the main valley it levels out, the current slows, and the sediment it carried is left behind to form an alluvial fan. Look for a particularly large fan at the mouth of the Siffleur River.

## **Kootenay Plains**

From Whirlpool Point to Lake Abraham you will pass through the Kootenay Plains Ecological Reserve. Establish in 1987, this protected 79 square kilometres montane area contains calcareous fens, cliffs and rare plants.

A number of archeological sites in the area remind us that the Kootenay Plains is the ancestral home of the Stoney Indians. Grassy meadows slope gently to the mountains on either banks.

Lake Abraham Five kilometres below the Siffleur River, the Bighorn Dam ends the natural stretch of the North Saskatchewan. The reservoir known as Lake Abraham, submerges 5,500 ha of valley once part of the Kootenay Plains. Completed in 1972, the 61 m dam was built to generate electricity for the Calgary Power Company. Two O'Clock Creek KOOTENAY PLAINS Campground Siffleur Falls Trail

One kilometre upstream from the confluence of the North Saskatchewan and the Siffleur River, a foot bridge provides good access to picturesque hiking country. Try your luck catching trout in the Siffleur River (provincial fishing regulations apply). We ask that anglers release native bull trout. A vulnerable species, the bull trout has vanished from many parts of its original range. Impressive sandstone Hoodoos line the Siffleur River and a trail leads to the scenic Siffleur Falls.

Distance: 3.7 km

Time: 1.5 hours

Elevation gain: 30 m

# **Canadian Heritage Rivers System**

The Canadian Heritage Rivers System (CHRS) was established in 1984 to give national recognition to the important rivers of Canada. It is a cooperative program between the federal and provincial/territorial governments to conserve the features and heritage values of significant rivers.

Each government participates on the Canadian Heritage Rivers Board to review nominations and oversee the System. For a river to be included in the system it must be of outstanding significance in one or more areas: human history, natural history or recreational value. The river must also be managed to protect and enhance its heritage resources for the benefit and enjoyment of future Canadians.

As of January 1993, twenty-five rivers, or sections of rivers, had been included in the Canadian Heritage Rivers System, in all provinces and territories except Prince Edward Island. Five of these rivers, including the North Saskatchewan, are located in our national parks. The other four are:

South Nahanni River, Nahanni National Park Reserve Athabasca River, Jasper National Park Kicking Horse River, Yoho National Park Alsek River, Kluane National Park Reserve

The total length of the rivers included in the System is more than 5700 km, of which nearly half is located in provincial or national parks. Since its creation in 1984, the program has become the fastest growing river conservation program in the world.

If you would like more information on the CHRS or on rivers included in the System, please contact:

Secretary
Canadian Heritage Rivers Board
c/o Canadian Parks Service
Ottawa, Ontario
K1A 0H3



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